

LIFESTYLE

Experience Ryman Healthcare



WELCOME TO LIFESTYLE



Health and wellbeing can mean different things to different people.

When it comes to health, despite the many articles and advice on the topic, it really boils down to a phrase we've been hearing for generations. Everything in moderation!

As for wellness, this doesn't need to be over complicated either, if we focus on what's really important and make time for ourselves.

Such as maintaining connections with those we know and love, making time for our passions that bring us joy, or maybe it's simply about looking out for each other.

It's also a great idea to press the reset button every now and again. Because let's face it, we all need a little reminder to eat right, maintain some form of exercise, and most importantly, to make time for the things in life that are most important to us.

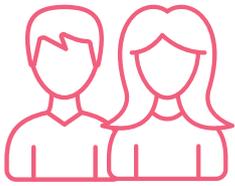
Enjoy

The Ryman team

Don't forget to take part in our puzzle competition on page 15 for the chance to win our luxurious health and wellbeing prize pack.

8 simple habits to enhance your life

Rather than setting ourselves huge goals that can feel overwhelming, sometimes it's as simple as reminding ourselves of some basic healthy habits to try every day.



Stay connected

Humans are social creatures. Therefore, regular social connection plays an important role in mental, emotional and physical wellbeing.



Learn something new

When we learn a new skill or activity, it helps to build new brain cells and strengthens the connections between them. This develops resilience which works as a preventative measure in developing dementia.



Get enough sleep

Getting enough sleep helps manage your appetite, supports immune system function, strengthens your memory and helps decrease disease risk.

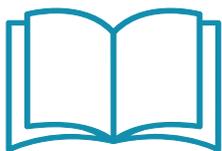
5 minutes of mindfulness

Mindfulness can help to reduce tension, stress and anxiety. It involves clearing your mind, concentrating on breathing and paying attention to the present without judgement.



Half an hour of exercise

As well as improving your physical health, regular exercise helps improve your mood, provides social engagement and can improve your overall immune system.



Read a book

Reading books is a great way to gain knowledge and stimulate creativity.



Be thankful

Think of 10 things you are grateful for. This is a great way to promote positivity and reduce stress.



Drink more water

Drinking more water has countless benefits, including enhancing physical activity, clearer skin, and better digestion.

Party time for the young at heart

Maintaining connections with our friends and loved ones is so important. It's why the annual children's parties at Ryman villages are such a highlight of the year.

It's often hard to determine who enjoys the parties more! The gleeful children, or the village staff members who often enthusiastically dress up in costume for the occasion! However, it's always the smiles and laughter from the residents that are the stand out on the day.

Summer days like these are where you witness the pure joy of children tucking into candy floss, the squeals of delight as they ride the ponies, and the proud faces of grandparents showing off their grandchildren and great-grandchildren.

The various events held at Ryman villages are a great way to boost wellbeing. As well as the children's parties, residents enjoy many connections with their surrounding communities. Including visits from local schools or Scout Clubs, where they play board games and musical instruments, or even help residents to navigate their way around new technology.

It's the meaningful social connection that's the important part. And events like the children's parties provide the perfect recipe for joy and laughter for both the young, and the young at heart.



It's the meaningful social connection that's important



Clockwise from top left:

8-year old Lacey enjoys a pony ride around the Charles Upham children's party in Rangiora

Charles Upham resident Elizabeth with her granddaughter Stacey and great-grandson Dexter

Ernie's frozen treats were a big hit

Staff member Fatima and her daughter Fareeha enjoying the Anthony Wilding children's party

Finding your 'happy place'

It's often those positive childhood experiences that nurture our interests and passions. Spending time enjoying those activities evokes feelings of happiness and contentment, which benefits our overall wellbeing.



Bevis Blow always loved flowers. Growing up in Auckland during the second world war, he developed an appreciation of the beauty of flowers from his mother, Violet, who was a florist.

Bevis loved watching her work. Violet had a beautiful glass house where she grew exotic flowers like orchids. She used these to make button holes for the

American troops stationed in Auckland at the time.

Early on a Saturday morning Bevis would deliver the button holes to a florist shop in Auckland city. When he arrived, they would open the display suitcase and Bevis would stand back and admire his mother's handiwork.

And so began Bevis's love of gardening.

Bevis and his wife Carol now live at Anthony Wilding Retirement Village in Christchurch. Carol enjoys nothing better than reading a good book, and Bevis finds that the garden is his happy place.

When the village decided to build three veggie plots close to Bevis's townhouse, it didn't take him long to answer their request for interest.

“I think it’s excellent for me. I’d be bored to tears if I sat indoors all day!”



“I immediately put my hand up and said, ‘yes please,’” he says.

The veggie plot has provided Bevis with his own sanctuary and is a source of entertainment to occupy his days. “I think it’s excellent for me. I’d be bored to tears if I sat indoors all day!”

Bevis was pleasantly surprised at the success of his vegetable crops, especially

his broccoli. “I had to put the word out around the village that there was fresh broccoli, otherwise we’d have had broccoli coming out of our ears,” he laughs.

What’s most apparent is the pure enjoyment Bevis gets from his veggie plot. The fact that he’s continuing to learn new skills into his retirement is an added bonus that keeps him on his toes.

With his trusty gardening book that he refers to as his bible, there’s nothing this ‘green fingers’ can’t handle.

Left: Bevis and his wife Carol
Right: Bevis enjoying time at his veggie patch

Step inside Sir Ed's Hut!

Sponsored by Ryman Healthcare, a new digital opportunity to step inside Sir Edmund Hillary's Antarctic hut will be launching soon.



Photo credit: Tim McPhee

Antarctic Heritage Trust, in partnership with Auckland University of Technology, have developed a fully immersive virtual reality experience of Sir Ed's expedition base in Antarctica.

Donning a headset, people can 'step inside' Hillary's (TAE/IGY) Hut and explore the first building at what is now New Zealand's Scott Base. A fully immersive experience, which includes a visual guided tour through the hut, it celebrates New Zealand's first presence in Antarctica. The virtual reality experience will be launched at Ryman Healthcare's Edmund Hillary Retirement Village in March.

Find out more at www.nzah.org

Are you scam savvy?

Keeping ourselves safe today means more than simply locking our doors at night.

We might be enjoying the convenience of organising more of our lives online, however we also need to think about our safety when navigating the online world.

Hosted at Ryman villages throughout the country, scam awareness seminars cover topics such as online fraud, password security, and how to keep your finances safe while enjoying the benefits of online banking and digital innovations.

Presented by local banking representatives, the seminars are a chance for residents and the public to learn tools that will help them become more scam savvy in today's digitalised world.



Seminars are free to attend.

To find your nearest village seminar visit:
rymanhealthcare.co.nz/events

All that glitters

Award-winning celebrity journalist David Hartnell is wowing residents at Ryman villages around New Zealand with his stories about Hollywood's rich and famous.

At Bruce McLaren Retirement Village, David ran through a list of the most beautiful and glamorous women associated with the golden age of Hollywood movies, detailing the incredible jewellery in their personal collections.



There were plenty of laughs too. From Zsa Zsa Gabor, when referring to her many divorces, quipped: 'You give back the ring but keep the stone!'; to Woolworths heiress Barbara Hutton, wife of Cary Grant, who owned the world's biggest collection of emeralds; to Liz Taylor, whose dog swallowed an \$11.8 million pearl gifted to her by Richard Burton.

The residents loved the presentation and the feeling was mutual: "It's nice to talk to people who know who Mae West is!" said David.

"You give back the ring but keep the stone!"

Zsa Zsa Gabor

From left: Residents Francisca Vermeulen and Annette Mattison with David Hartnell (centre)



Let's talk about dementia

If we think about our family and friends, we don't have to look far to find someone who's either been directly or indirectly affected by dementia. With this in mind, it's time we started to talk more openly about dementia in society. To gain a better understanding of the condition and, in turn, challenge perceptions.

What is dementia?

Dementia is an umbrella term used to describe a group of conditions that affect how well our brain works.

It causes brain cells to die resulting in symptoms that may include memory loss, difficulties with thinking, problem-solving or language, and changes in mood or behaviour.

While there are over 200 different forms of dementia, Alzheimer's disease is the most common, with around 60 to 70 percent of people living with dementia having this diagnosis. Other common forms of dementia are Vascular dementia, Lewy body dementia and Parkinson's dementia.

Dementia can affect anyone, however as we age, the likelihood of developing dementia increases significantly.



5 ways to improve meaningful connection

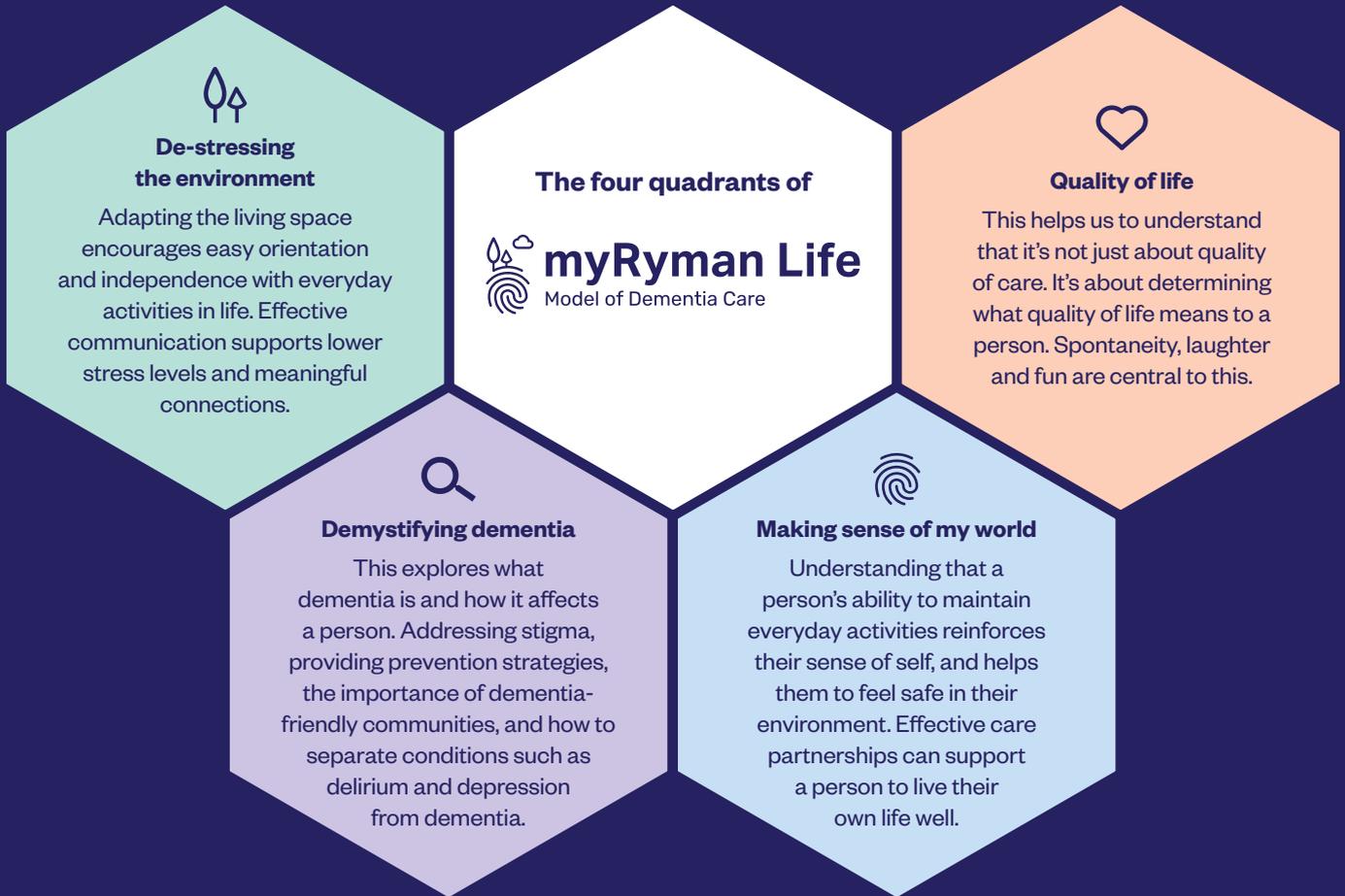
- 1** You can improve conversations by talking about a time the person remembers well. People living with dementia will often revert back to a time in their life they remember with fondness.
- 2** Remember that the love remains, however the way your loved one connects may change.
- 3** Repeated stories are an opportunity for meaningful engagement. It's the engagement that matters more than the story.
- 4** Regular routines can bring about a sense of safety and security. However, spontaneous events, when accompanied by someone who is loved and trusted, can create moments of joy and laughter.
- 5** Remember that we are all changing. Those who love us will flex with us. So, enjoy the moment and engage with the person for who they are.

Ryman Healthcare are lead sponsors for Alzheimers New Zealand

For more information visit: www.alzheimers.org.nz | www.rymanhealthcare.co.nz

Dementia Pioneers

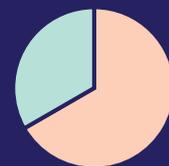
Ryman Healthcare has researched and developed the *myRyman Life* model of dementia care. The model aims to challenge perspectives on dementia and support people to live in the moment, and to feel kindness, love, and security. It promotes spontaneity, laughter, and happiness.



Did you know?

Ryman villages are home to over **11,000 residents**

4,000 of these residents live in care areas – resthome, hospital, or dementia



Only one third of residents living with dementia actually live in a dementia care area. The other two thirds live well in the other care areas.

A life-saving mammogram

Pat Mravicich understands the importance of regular mammograms more than most. Both Pat and her daughter have undergone breast cancer treatment.



When speaking to residents at Ryman's Possum Bourne village recently, Pat's message was clear: get checked!

As she spoke, Pat was preparing for her own double mastectomy. A routine mammogram had revealed some unusual calcification in her right breast. A whirlwind of daily doctor's appointments, tests, and a biopsy followed. A mass of calcification and a sizeable tumour in her milk duct were identified. Pat shared that, "to look at the breast there was no difference, no discolouration, none of that could be found or felt."

"The doctor said there was no indication, it was only the mammogram that revealed it."

Pat does not require any further treatment following her double mastectomy as all cancerous cells were removed. Following her ordeal, and watching her daughter undertake a similar journey, Pat encourages everyone to book regular mammograms. "I have continued with my

mammograms and I've been vigilant about it since my daughter was diagnosed with breast cancer 8 years ago, when she was only 35."

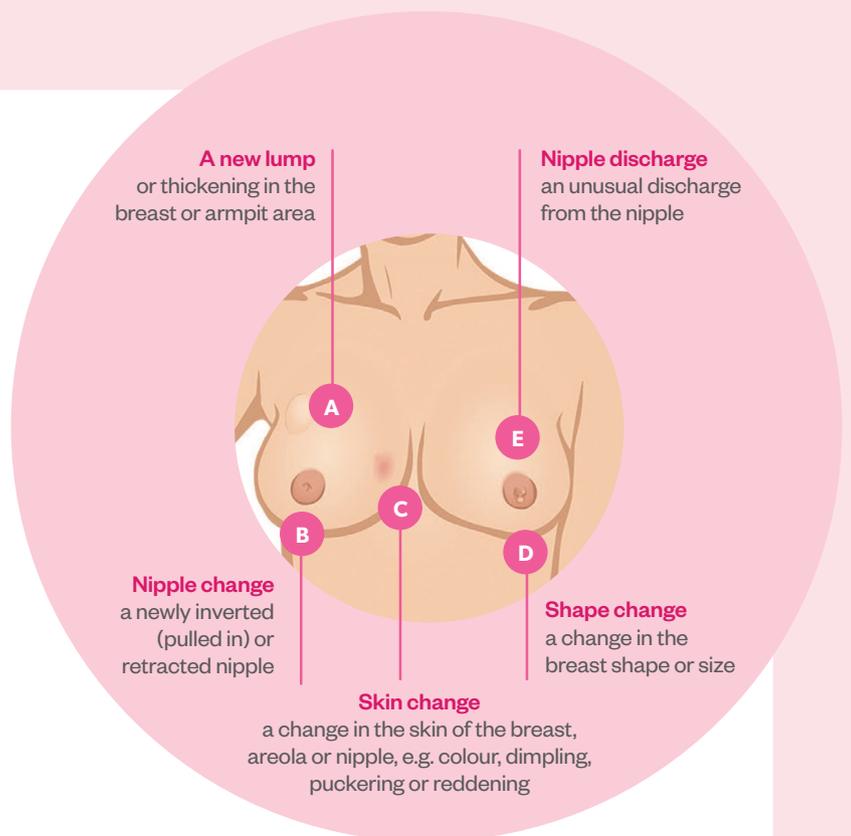
Breast Cancer Foundation NZ Educator Debra Leutenegger reports that the risk of breast cancer is actually higher at 70 than 50. That's why the Foundation petitioned the government to extend free mammogram screening to 74. "The government has announced that they intend to progressively increase the age for free breast screening to 74, so check with your doctor," Debra said.

The Foundation, which is Ryman's charity partner for 2019-2020, also fundraises for research, offers support to breast cancer patients and their families, and provides education and awareness in all areas of society to try to save lives with early education.

Pictured above: (From left) Pat Mravicich and Breast Cancer Foundation NZ Educator Debra Leutenegger.

Tips for maintaining breast health

- Limit alcohol consumption
- Limit foods and beverages with added sugar
- Incorporate exercise into your daily routine
- Eat plenty of vegetables, fruits, pulses, and whole-grain foods



If you would like to know more about the Breast Cancer Foundation, or to find out how to check for any potential signs of breast cancer, please visit:

breastcancerfoundation.org.nz

Ryman Healthcare's charity partner 2019-2020



**Breast Cancer
Foundation NZ**

Come Together for Good

Host a Pink Ribbon Breakfast this May
Register at pinkribbonbreakfast.co.nz



Chicken Frittata

Serves
1



Nutritious and a great user-upper!

1 tbsp olive oil
½ cup diced onion
2 eggs
1 tbsp cream
2 tbsp grated cheese
1 tbsp chopped chives
½ cup leftover vegetables
100g leftover chicken
Salt & pepper

- 1** Preheat a frying pan, add the olive oil and sauté the diced onion until translucent.
- 2** Add the eggs and cream into a bowl and whisk to blend thoroughly. Then, add the leftover veg, chicken, chives, salt and pepper.
- 3** Pour the egg mixture into a greased pan and top with grated cheese.
- 4** Bake in a preheated 160°C oven for approximately 20–30 minutes, or until cooked through.
- 5** Serve with a simple green salad and chutney.

Scott McGregor

Ryman Food
Service Specialist



Throughout my food journey, I discovered that my cuisine tended to be unfussy and not over complicated. Just nicely cooked and well presented. It's the simplicity of food that appeals to me. This took a long time to realise, but I learned to cook with real ingredients and to cook from the heart.

Frittata is a great meal for one as it's nutritious, healthy and extremely easy to do. It's as simple as eggs, cream, seasoning and whatever vegetables and meat you have left over. It's a great user-upper and makes a tasty, nutritious lunch heated up the next day.

Eating healthy every day shouldn't be difficult. In fact, by keeping it simple we're more likely to make good choices because the cooking doesn't become a chore.

So, when you're poor on time, whip up a frittata. Simple, nutritious, what's not to love!

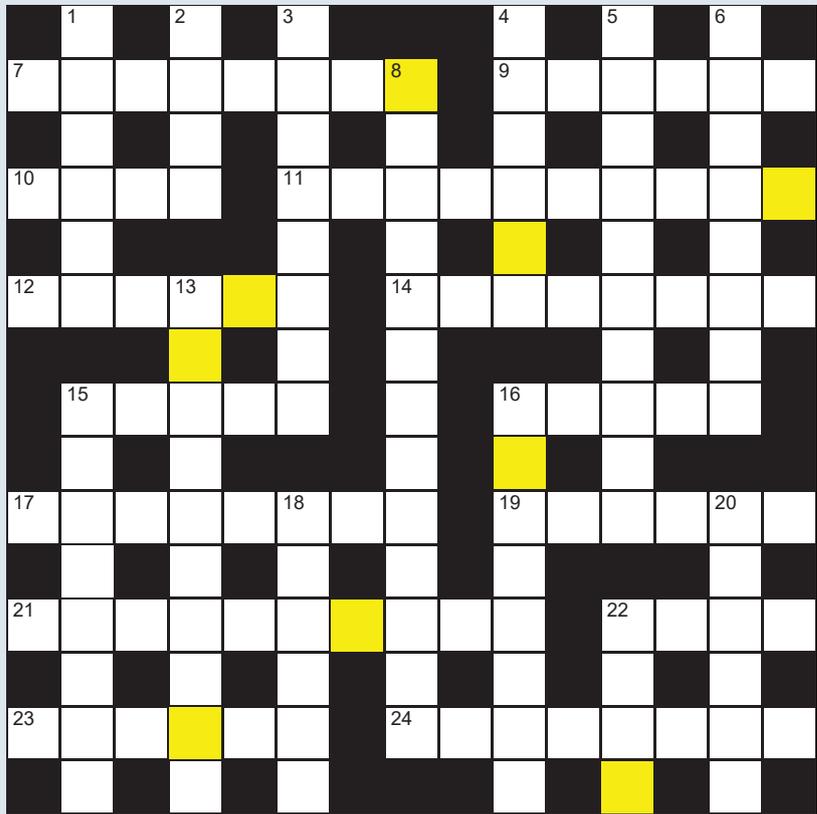
WIN

A HEALTH AND WELLBEING PRIZE PACK VALUED OVER \$250!

Tell us the health and wellbeing word that emerges from the highlighted puzzle boxes when you complete the crossword.

Go to rymanhealthcare.co.nz/wellbeing to enter

Health and wellbeing goodies include a 6 month subscription to Nadia magazine, yoga mat, Chilly's drink bottle, Ethique hair sampler, Trilogy certified organic rosehip oil, The Aromatherapy Co candle, diffuser and lotion, nil beeswax wraps, and Pukka organic tea.



DOWN

1. Expel (6)
2. Epidermis (4)
3. Free (8)
4. Scribble (6)
5. Refresh (10)
6. Vigour, energy (8)
8. Public institution (13)
13. Dye that won't fade (6-4)
15. Refined and well educated (8)
16. Act of kindness (4,4)
18. Land surrounded by water (6)
20. Conclusion (6)
22. Bee home (4)

ACROSS

7. Bottom, rear (8)
9. Acknowledgement (6)
10. Indication (4)
11. Study undertaken off campus (10)
12. Ballroom dance (3-3)
14. News item (8)
15. Give birth to a bovine (5)
16. Roast essential (5)
17. Blossom (8)
19. Followed orders (6)
21. Happiness and satisfaction (10)
22. Conceal (4)
23. A division of the year (6)
24. Developing vigorously (8)



*One prize pack to be won. Refer to our website for full terms and conditions. Competition closes 27 March 2020. rymanhealthcare.co.nz/wellbeing

RYMAN PIONEERS

A new way of living



For 35 years, Ryman has been pioneering retirement living for one simple reason - to better serve a generation of New Zealanders. And right now, it's more important than ever, because there's a new generation that are not retiring from life, they're looking for a new way to live.

Pioneering is part of who we are. That's why each Ryman village is named after a Kiwi trailblazer. Sir Edmund Hillary, Rita Angus, Ernest Rutherford. They lived with passion and purpose, they pushed further, they went beyond the ordinary. That's exactly what we strive to do, every day, at Ryman. To pioneer a new way of living, for a new retirement generation.

rymanhealthcare.co.nz


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